Chloe Hammond – Minneapolis, Minnesota

I had a success using the methods in your article. I am 61 and have been on “bio-identical” estrogen for about 17 years, and progesterone longer than that. I had never been able to get off of them before because I would get so stressed and get hot flashes and feel miserable just being off for a day or two. I did your course Good Gut, Bad Gut a few months ago, I started on a protocol for hypo-thyroid. At the same time, I also took sepia 200. Its only been a few weeks, so I am pretty astounded that when I ran out of estrogen for a few days, there were zero hot flashes. So I decided to try going without it another day. Same thing. Another, same thing. Day after day, NO problem, and feeling good. I would say I am successfully off the bio-identical hormones. It only seems like a short while since we had our free 15 minute conversation. I’ve learned a ton since then and am getting results on myself and others. Left and right, getting results with your help. Thank you so much!!